**Jacob Sexy Younger Poo**

**Period 10**

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**Monday:** Chicken breast. Broccoli, milk

Chicken: 120 calories, total fat = 2, 3 saturated fats, 70 cholesterol, 63 milligrams of salt, 0 carbohydrates, 0 fiber, 24 grams protein, vitamin a = 0, vitamin c= 0, calcium 0, iron = 4 grams

**Tuesday:** lean fresh beef burger, yams, orange juice

Calories = 140, total fat = 13, saturated fat = 13, cholesterol = 50 mg, sodium = 55mg, protein = 23 grams, iron = 20 grams

**Wednesday:** asiago chicken salad, green beans, apple juice

Calories = 200, total fat = 14g, saturated fat = 1.5g, cholesterol = 25mg, sodium = 440mg, carbohydrates = 14g, fiber = 3g, protein = 7, vitamin a = 6% daily value, vitamin c = 6% daily value, calcium = 4% daily value, iron = 12% daily value

**Thursday:** BBQ Philadelphia roll 8 Pc, peas, green tea

Calories = 290, total fat = 13g, saturated fat = 7, cholesterol = 40mg, sodium = 280mg, carbohydrate = 20g, fiber = 4g, protein = 10g, vitamin a = 6, vitamin c = 0, calcium = 4, iron = 8

**Friday:** spaghetti whole wheat, toast, milk

Calories = 197.4, **Fat =** 9g, saturated fat = 3g, **Carbs =** 39.7g, **Protein:** 6.7g, vitamin a = 0, vitamin c = 2, cholesterol = 26mg, sodium = 95mg, fiber = 12g

This menu is very healthy. It has several meals that are under 500 calories a piece. In addition there are several grains that are whole wheat instead of the EVIL EVIL EVILLLLLLLLLL white bread. It has healthy drinks rich with antioxadents. (the best on earth just got better).also all these items are roughly cheap.